

Let it rain!

Wet weather doesn't have to put a damper on your workout routine. With the right stuff, you'll never be sidelined by showers again.



▲ Specially treated fabric on the Silver Ridge Ball Cap repels water to keep your head dry during a drizzle. \$22; Columbia.com



▶ The Swift's precise fit stays snug even when socks are soggy, so they won't bunch and cause blisters. \$15; Merrell.com



▼ Slip on Spirit flats and stroll to yoga. The removable soles dry while you're in Downward Dog. \$40; RiderSandals.com



▶ Stick The Circulator into soaked sneaks. Warm air dries them fast to fight odor. \$30; DryGuy.net



▲ A face-framing hood on the Vapor preserves your peripheral view and still blocks water and wind. \$100; Nike.com

▶ Save your iPod from downpours with the waterproof Capture case (\$80) and Surge Pro headphones (\$100). H2OAudio.com



▼ Puddles are no match for the 921. Ports along the outsole drain rain as you run. \$90; NewBalance.com



MYTH BUSTER

Will I get sick from working out in the rain?

Nope! Sure, you may get wet and chilly, but the rain won't make you ill, says SELF contributing editor Lisa Callahan, M.D. Here's why: Viruses, not weather, cause colds and flus. We pick up bugs by touching the surfaces on which they live. The best way to avoid the sniffles? Wash your hands frequently with soap and water.